



EGLWYS GADEIRIOL LLANDAF

LLANDAFF CATHEDRAL

Registered Charity Number 1159090

The Weekly Notes Online

www.llandaffcathedral.org.uk

The Sixth Sunday in Lent: *Palm Sunday* 28th March 2021

Today's 11.15 am service is live-streamed at: www.llandaff-cathedral.live/sundayeucharist

THE LITURGY OF THE PALMS

Hosanna to the Son of David, the King of Israel.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Dear friends in Christ for five weeks of Lent we have been preparing, by works of charity and self-sacrifice, for the celebration of our Lord's paschal mystery. Today we come together to begin this solemn celebration in union with the whole Church throughout the world. Christ entered in triumph into his own city, to complete his work as our Messiah: to suffer, to die, and to rise again. Let us remember with devotion this entry which began his saving work and follow him with a lively faith. United with him in his suffering on the cross, may we share his resurrection and new life.

Palm crosses are blessed:

God our Saviour, whose Son Jesus Christ entered Jerusalem as Messiah to suffer and to die; let these palms be for us signs of his victory and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Gospel of the Palms

When Jesus and his disciples were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, Jesus sent two of his disciples and said to them, 'Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, "Why are you doing this?" just say this, "The Lord needs it and will send it back here immediately."' They went away and

found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, 'What are you doing, untying the colt?' They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, 'Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!' Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

Mark 11.1-11

The Collect and Readings for today

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

A reading from the book of the prophet Isaiah.

The servant of the LORD said: The Lord GOD has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens – wakens my ear to listen as those who are taught. The Lord GOD has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord GOD helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord GOD who helps me; who will declare me guilty?

Isaiah 50.4-9a

Psalm 31.9-16 - My God, my God, why have you forsaken me?

Have mercy on me, O Lord, for I am in trouble;
my eye is consumed with sorrow, and also my throat and my belly.
For my life is wasted with grief, and my years with sighing;
my strength fails me because of affliction, and my bones are consumed. **R**

I have become a reproach to all my enemies and even to my neighbours,
a dismay to those of my acquaintance; when they see me in the street they avoid me.
I am forgotten like the dead, out of mind; I am as useless as a broken pot. **R**

For I have heard the whispering of the crowd; fear is all around;
they put their heads together against me; they plot to take my life.
But as for me, I have trusted in you, O Lord. I have said, 'You are my God. **R**

'My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me.
Make your face to shine upon your servant, and in your loving-kindness save me.' **R**

A reading from the letter of Paul to the Philippians

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in

human likeness. And being found in human form, he humbled himself and became obedient to the point of death – even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2.5-11

The Passion of our Lord Jesus Christ according to St. Mark

Narrator: First thing in the morning, the chief priest together with the elders and scribes, in short the whole Sanhedrin, had their plan ready. They had Jesus bound and took him away and handed him over to Pilate. Pilate questioned him,

Synagoga: Are you the king of the Jews?

Narrator: He answered,

Christus: It is you who say it.

Narrator: And the chief priests brought many accusations against him. Pilate questioned him again,

Synagoga: Have you no reply at all? See how many accusations they are bringing against you!

Narrator: But to Pilate's amazement, Jesus made no further reply. At festival time Pilate used to release a prisoner for them, anyone they asked for. Now a man called Barabbas was then in prison with the rioters who had committed murder during the uprising. When the crowd went up and began to ask Pilate the customary favour, Pilate answered them,

Synagoga: Do you want me to release for you the king of the Jews?

Narrator: For he realised it was out of jealousy that the chief priests had handed Jesus over. The chief priests, however, had incited the crowd, to demand that he should release Barabbas for them instead. Then Pilate spoke again.

Synagoga: But in that case, what am I to do with the man you call king of the Jews?

Narrator: They shouted back.

Crowd: Crucify him!

Narrator: Pilate asked them,

Synagoga: Why? What harm has he done?

Narrator: But they shouted all the louder,

Crowd: Crucify him!

Narrator: So Pilate, anxious to placate the crowd, released Barabbas for them and, having ordered Jesus to be scourged, handed him over to be crucified. The soldiers led him away to the inner part of the palace, that is, the Praetorium, and called the whole cohort together. They dressed him up in purple, twisted some thorns into a crown and put it on him. And they began saluting him,

Crowd: Hail, king of the Jews!

Narrator: They struck his head with a reed and spat on him; and they went down on their knees to do him homage. When they had finished making fun of him, they took off the purple and dressed him in his own clothes. They led him out to crucify him. They enlisted a passer-by, Simon of Cyrene, father of Alexander and Rufus, who was coming in from the country, to carry his cross. They brought Jesus to the place called Golgotha, which means the place of the skull. They offered him wine mixed with myrrh, but he refused it. Then they crucified him, and shared out his clothing, casting lots to decide what each should get. It was the third hour when they crucified him. The inscription giving the charge against him read: 'The King of the Jews.' And they crucified two robbers with him, one on his right and one on his left. The passers-by jeered at him; they shook their heads and said,

Crowd: Aha! So you would destroy the Temple and rebuild it in three days! Then save yourself: come down from the cross!

Narrator: The chief priests and the scribes mocked him among themselves in the same way. They said:

Crowd: He saved others, he cannot save himself. Let the Christ, the king of Israel, come down from the cross now, for us to see it and believe.

Narrator: Even those who were crucified with him taunted him. When the sixth hour came there was darkness over the whole land until the ninth hour. And at the ninth hour Jesus cried out in a loud voice,

Christus: Eloi, Eloi, lama sabachthani ?

Narrator: This means

Christus: 'My God, my God, why have you deserted me?'

Narrator: When some of those who stood by heard this, they said,

Synagoga: Listen, he is calling on Elijah.

Narrator: Someone ran and soaked a sponge in vinegar and putting it on a reed, gave it him to drink, saying,

Synagoga: Wait and see if Elijah will come to take him down

Narrator: But Jesus gave a loud cry and breathed his last.....and the veil of the Temple was torn in two from top to bottom. The centurion, who was standing in front of him, had seen how he had died, and he said,

Synagoga: In truth this man was the son of God.

Prayers of Intercession for this week

As Holy Week begins, we walk with Jesus towards the cross of shame that became the tree of life.
We thank God for that loving sacrifice and pray for all who may not fully understand it.

We give thanks for faithful ministers of Christ.
Let us pray for people who seem pious, but whose outward actions disguise an inner lack of faith.

We give thanks for honest politicians.
Let us pray for leaders in the world today; that their claims to promote justice and peace may indeed be true.

We give thanks for all who care for those who suffer.
Let us pray that we may all recognise our calling to help those in need.

We give thanks for those we love.
Let us pray for people who seem different from us in any way, and seek to understand them better.

We give thanks for the gift of eternal life, achieved for us on the cross.
Let us pray for a joyful reunion with our loved ones in everlasting peace.

God of truth and love, you promised through your Son to hear us when we pray in faith.
We give thanks that you hear us now as we pray in his name, our Saviour Jesus Christ.

THE WEEKLY PRAYER INTENTIONS and PRAYER RESOURCES

Those who are sick and have asked for prayer:

Roger Rathbone, Catherine Hughes, Archie Conway-Gardner, David Barron, Jane Craig, Kate Robinson, Alison Lewis, Alyson Grant, Rhys Ghazaros, Lisa Wright, Ray Fry, Gerwyn Capon, *the Dean*.

The long-term sick and housebound, among them:

Sid Baldwin, Tom Bailey, Dafydd Hughes, Ray Edwards, Alan Robinson, Marjorie Mudge.

Those who have died recently: Mary Wines, David Morgan

Those whose anniversary of death falls this week:

28th March Arthur Russell Bailey

29th March Emily Maud Phelps, Glenys Audrey Knight-Smith, Josephine Emily Anne Whitehouse

30th March Marian Williams, Ken Farrow GC

31st March Caroline Stallard, Raymond Thompson,

1st April Margaret Heckelmann, Megan Evans Hopkin

2nd April Mary Watkins, Michael Brian Davies-Jenkins, May Catherine Phillips

3rd April Nancy Impey, Nina Stephens, William Richard Battershell, Vera May Scobie,
Richard Mills, Mary Robertson

Please pray for the *1Family Cardiff* project and for the family of five who are settling into life in Wales. Please read the news item on the next page.

The Cycle of Prayer for this week in the Anglican Communion and in this Diocese:

- Sunday:** The Anglican Church in Hong Kong
The Parish of Baglan: the Rev'd Stephen Jenkyns
- Monday:** The Diocese of the Bari (Nigeria)
The Parish of Cwmavon: the Rev'd Canon Elaine Jenkyns
- Tuesday:** The Diocese of Baringo (Kenya)
The Rectorial Benefice of Aberavon: the Rev'd Ben Andrews
- Wednesday:** The Diocese of Barrackpore (North India)
Hospital Chaplains in the Diocese and beyond
- Thursday:** The Diocese of Bath & Wells (England)
The Margam East Ministry Area: the Rev'd Jonathan Durley
- Friday:** The Diocese of Bathurst (Australia)
The Parish of Margam: the Rev'd Edward Owen
- Saturday:** The Diocese of Bauchi (Nigeria)
The Parish of Newton Nottage, Porthcawl: the Rev'd Canon Philip Masson

Cathedral News

Easter cards from the Cathedral Community: “thank you” to the 37 volunteers who have helped to distribute Easter cards around the homes of the Parish and especially to Ian MacDonald who organised the distribution.

Telephone befriending scheme: our experience of lockdown has raised awareness of the dangers and widespread incidence of loneliness and isolation in our community. The Cathedral is seeking to respond to this by setting up a telephone befriending scheme in which a group of trained volunteers will make regular calls to help relieve loneliness. This is part of a national scheme *Linking Lives UK*. If you know anyone who would appreciate receiving a friendly phone call perhaps weekly, please let Canon Jan know. This will be available to anyone in the community and is not restricted to those with any connection to the Cathedral.

The Cathedral *Annual Vestry Meeting* will take place on Tuesday 27th April at 7.00 pm. It is at this meeting that the Parochial Church Council is elected and a nomination form for election to the PCC can be found at the end of these Notes. The PCC is changing somewhat in line with developments across the Diocese and the Church in Wales. Later this year its name will change to the Cathedral Community Council and in line with this we hope the Council will begin to include as wide a representation of the Cathedral's life

as possible. The Cathedral Chapter is keen to re-define its link with the Council to nurture, unite and grow the Cathedral community as a whole.

Lenten Worship: tune in today, if you can, to our online Sunday Evening service for Lent at 4.30 pm. You will find it on the Cathedral website or the Cathedral YouTube channel.

Holy Week & Easter - this is how the timetable of services looks this year:

Holy Monday

Music and Readings for Holy Week
broadcast online at 7.30 pm

Holy Tuesday

Music and Readings for Holy Week: *Stabat Mater* – Giovanni Pergolesi
Amy Campbell and Olivia Gomez with Stephen Moore

Composed in the final weeks of the composer's life in 1736, Stabat Mater is one of Pergolesi's most celebrated works. Split into 12 sections, it is a setting of the Stabat Mater Sequence, the words of a 13th Century hymn to Mary portraying her suffering at the foot of the Cross.

Selected movements are offered interspersed with readings and prayers.

broadcast online at 7.30 pm

Holy Wednesday

Music and Readings for Holy Week: *Via Crucis* – Eric Milner-White and Philip Moore
Stephen Moore (Organ)

'Via Crucis' is a devotion for Passiontide, offering a ruminative resource for prayer and reflection on Christ's death.

It has a structure that is similar to the Stations of the Cross, used for many centuries.

The service contains a selection of prayers by Eric Milner-White, interspersed with descriptive organ pieces by Philip Moore,

The music is newly composed, having only been written earlier in 2021. This will be one of the first performances given.

broadcast online at 7.30 pm

Maundy Thursday

Choral Eucharist

broadcast online only at 7.30 pm

Good Friday

10.00 am - a service for Sunday School ***in the Cathedral*** (booking required)

12 noon - The Liturgy of the Day ***broadcast online only***

2.00 pm - a Service of readings, prayers and reflection ***in the Cathedral***

on Good Friday the Cathedral will only be open for the 2 services at 10.00 and 2.00 pm

Holy Saturday

The Easter Vigil ***will be broadcast online only at 8.00 pm***

EASTER DAY

8.00 am Holy Eucharist

9.15 am Holy Eucharist – *please note the change of time* **
11.15 am Holy Eucharist with some choral music **

**** Seats for the 9.15 am service on EASTER DAY need to be booked online [here](#).
All seats for the 11.15 am service have been allocated.
Please note booking closes at 5.30 pm today.**

Safeguarding: all members of the congregation are invited to undertake a short training and refresher course about the whole question of safeguarding. The course, provided by St Padarn's Institute has to be completed online and takes about 45 minutes. It is free and you can find information [here](#). All our volunteers are required to complete this course and should have had information from our volunteer team leaders. If you have not heard anything, please ask the Churchwardens or the clergy.

Foodbank news – Thank you for your support, it is greatly appreciated. The crate to put food into is currently positioned near the South East door.

Information relevant to the pandemic restrictions

We display the QR code that links with the **NHS Tracing App**. If you have the app on your mobile device you can scan the code through the app. This means that if people visit the building and later test positive for coronavirus, other app users who were there at the same time may be sent an alert, if local public health teams think this is necessary.

Sunday Worship guidelines – a reminder...

Here are some of the key things to note:

- There are currently two services: 9.00 am and 11.15 am
- Both services are celebrations of the Holy Eucharist with the 9.00 am service catering particularly for children and families.
- Social distancing guidelines must be maintained at all times – especially before and after the services. Given that the rows are 2 metres apart, they can act as a useful guide when standing in the Nave.
- Hand sanitiser must be used on entry.
- Face-coverings: Welsh Government regulations now make the wearing of face coverings compulsory in public buildings. This includes the Cathedral.
- Everyone attending will be invited to complete a 'track and trace' card - please bring a pen!
- Communion will be administered standing and in one kind only.
- There will be no congregational singing.
- Ritual and ceremony will be kept to a minimum.
- No service sheets will be used – the order of service will be available online to print in advance and bring with you or to follow on a phone or other mobile device. They are also available through QR codes displayed at each service.
- The '2-metre distance' rule means that the capacity of the Cathedral will be between 80 and 90 individuals although family groups sitting together will legitimately increase the number.
- 5 cathedral chairs must be left clear *between* households.

Please note that there will be a legal maximum capacity number and it may be necessary to impose restrictions on entry to ensure that number is not exceeded.

The Welsh Government, the Church in Wales and the Diocese have all produced and issued protocols and detailed instructions to clergy and parishes. We are following them all.

THE CATHEDRAL OFFICE

You may email admin@llandaffcathedral.org.uk or call on 029 2056 4554.

The answering service is checked regularly for messages.

CLERGY

The Dean: The Very Rev'd Gerwyn Capon

The Dean is currently on sick leave

Precentor: The Rev'd Canon Mark Preece
precentor@llandaffcathedral.org.uk : 029 2056 8842

Chancellor: The Rev'd Canon Dr Jan van der Lely
chancellor@llandaffcathedral.org.uk : 029 2115 6258

PARISH OFFICERS

Churchwardens

John R. Kenyon - john.r.kenyon@ntlworld.com

Ian Macdonald - irmacdonald52@hotmail.co.uk

Safeguarding Officer

Kathryn Bates - kathrynbates@talktalk.net

Stewardship Secretary

Helen Patterson - 029 2061 9166

www.easydonate.org/LLANDAFF



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These are easy ways to keep up to date with the latest news and events, so follow us at:

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www.twitter.com/llandaffcath

www.instagram.com/llandaffcathedral





The Cathedral Parish of Llandaff

The Parochial Church Council

NOMINATION FORM for MEMBERS OF THE PCC

I wish to nominate the following person for election to the Parochial Church Council
at the Annual Vestry Meeting
on Tuesday 27th April 2021 at 7.00 pm.

Name of Nominee _____

Name of Proposer _____ Signature _____

Name of Seconder _____ Signature _____

I agree to be nominated for election and certify that I am a communicant member of the Church in Wales over 16 years of age and my name is entered on the electoral roll of the Cathedral Parish. I agree to accept and be bound by the Constitution of the Church in Wales.

Signature of Nominee _____

Proposers and Seconders may give their support by email given COVID restrictions

Completed forms must be returned to the Cathedral Clergy
by 6.00pm on Saturday 24th April 2021